Bad outcomes are not uncommon in medicine, and it can be very difficult to determine whether they might have been prevented. Clinicians often vividly remember bad outcomes from their own practice, especially when these may have resulted in part from the clinician’s own actions. Many times these experiences are psychologically “buried” and not processed due to such factors as character traits (e.g., perfectionism), deeply painful emotional responses (e.g., shame), and fear of litigation. In this session we will explore some of these experiences and explore how Mindful Practice might help integrate them into our lived experience so that we may learn and grow from them rather than fight them off or “bury” them.

At the conclusion of the seminar, the participant will be able to:
1. Distinguish between bad outcomes that come from good care and those that stem from errors
2. Appreciate common reactions and responses when confronted with errors and bad outcomes
3. Recognize the psychological and clinical impact of unexamined (“mindless”) reactions to errors
4. Be more mindfully responsive (e.g., attentive, curious, flexible, present) when faced with errors and bad outcomes

To register for this seminar, please contact Karen Grabowski at karen_grabowski@urmc.rochester.edu

The Medical Faculty and Clinician Wellness Series is a qualifying activity for the 2017 URMC Malpractice Premium Differential Program.

ACCREDITATION
The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CERTIFICATION
The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 1 AMA PRA Category 1 Credits(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

University of Rochester Medical Center, Center for Experiential Learning is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0005. This course has been approved for 1.0 contact hours live.

If you are not able to attend this seminar, visit the Medical Educators Resource Guide (MERG) within Blackboard. You can access past workshop PowerPoint presentations and handouts. For additional information and directions on how to access MERG, please visit: http://www.urmc.rochester.edu/education/faculty-development/medical-educator-guide.cfm.